

# DINNERLY



## Moroccan Lamb Koftas with Currant Couscous and Green Beans



30 minutes



2 Servings

With seasoned lamb koftas, currant-flecked couscous and lightly blanched beans to round it off, tonight's dinner is an exciting adventure into Moroccan flavours.



### WHAT WE SEND

- 150g green beans
- lamb mince
- 10g Moroccan seasoning <sup>17</sup>
- 150g couscous <sup>1</sup>
- 20g dried currants
- 100g Greek-style yoghurt <sup>7</sup>

### WHAT YOU NEED

- 1 small garlic clove
- 20g butter <sup>7</sup>
- 1 tbs barbecue sauce
- 200ml boiling water
- 1 tsp olive oil

### TOOLS

- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 705kcal, Fat 27.0g, Carbs 73.7g, Proteins 39.5g



#### 1. Prep ingredients

Trim the **beans**. Crush **1 small garlic clove**. Chop **20g butter**. Put the **lamb mince**, **half the Moroccan seasoning** and **1 tbs barbecue sauce** in a large bowl and season with **salt and pepper**. Using damp hands, combine well (see Kitchen 101), then roll tablespoons of the mixture into 12 oval-shaped koftas.



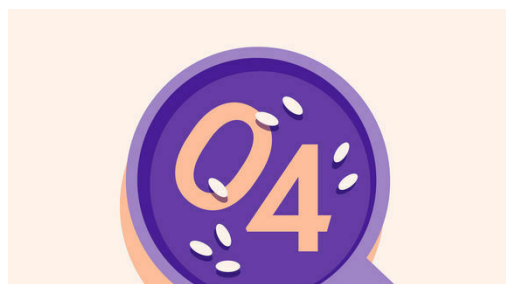
#### 2. Soak couscous

Put the **couscous**, **butter** and **remaining Moroccan seasoning** in a large heatproof bowl and season with **salt and pepper**. Pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork. Stir in the **currants**.



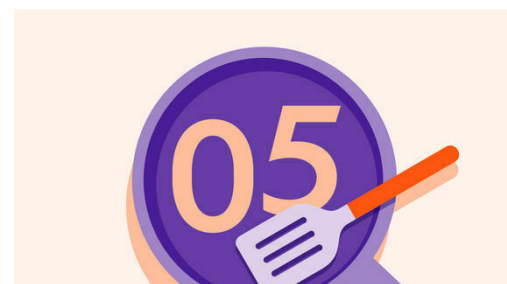
#### 3. Cook koftas

Meanwhile, bring a small saucepan of water to the boil for the beans. Heat **1 tsp olive oil** in a medium frypan over medium-high heat. Cook the **koftas**, turning occasionally, for 7-8 mins until cooked through. Remove from the pan.



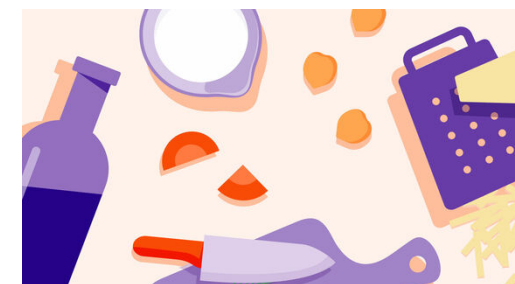
#### 4. Boil beans

While the koftas are cooking, cook the **beans** in the pan of boiling water for 2 mins or until tender. Drain.



#### 5. Serve up

Put the **yoghurt** and **garlic** in a bowl, season with **salt and pepper** and stir to combine. Divide the **couscous**, **lamb koftas** and **beans** among plates. Spoon over the **garlic yoghurt** and enjoy!



#### 6. Kitchen 101

Want to know the secret to marvellous meatballs? It's all in the mixing! Get your hands into the bowl and give the mince a good squeeze (or massage!) for a minute or so. This releases the proteins in the meat, which will help the mixture stick together.